10 Signs of a Healthy Relationship

Healthy relationships bring out the best in you and make you feel good about yourself. A healthy relationship does not mean a “perfect” relationship, and no one is healthy 100% of the time, but the signs below are behaviors you should strive for in all of your relationships.

Healthy relationships manifest themselves as healthy communication, but in order to have a healthy relationship, you need to love yourself first. Here are some characteristics and behaviors of a healthy relationship.

- **Comfortable Pace**
  The relationship moves at a speed that feels enjoyable for each person.

- **Honesty**
  You can be truthful and candid without fearing how the other person will respond.

- **Respect**
  You value one another’s beliefs and opinions, and love one another for who you are as a person.

- **Kindness**
  You are caring and empathetic to one another, and provide comfort and support.

- **Healthy Conflict**
  Openly and respectfully discussing issues and confronting disagreements non-judgmentally.

- **Trust**
  Confidence that your partner won’t do anything to hurt you or ruin the relationship.

- **Independence**
  You have space to be yourself outside of the relationship.

- **Equality**
  The relationship feels balanced and everyone puts the same effort into the success of the relationship.

- **Taking Responsibility**
  Owning your own actions and words.

- **Fun**
  You enjoy spending time together and bring out the best in each other.

Learn more at joinonelove.org